

UNDERSTANDING LYMES DISEASE NATURALLY

This is one of the tick bite borne diseases; and now that the wild life changes have taken place with the predators, the tick problem is 7 fold greater. Eight States report 90% of the cases: Connecticut, Massachusetts, California, Minnesota, New York, Rhode Island, Wisconsin, and New Jersey. It has actually occurred in every other state except Alaska, Arizona, Hawaii, Montana, and Nebraska, and by now may have occurred there, and just not reported.

How best to remove ticks: Using a fine pointed tweezers, align the tweezers with the head to tail line of the tick and grab a hold of the tick. Using a gently steady pressure with a slightly rocking motion without twisting, (this may take a few minutes) pull the tick until he backs out of the skin. Check to be sure that you got the head to come out. This can be quite small but you will still see a tiny fleck of white looking substance at his head when you have the whole tick. You can apply castor oil over the tick then tweeze him out; this helps to encourage him to let go. It is important to be sure that you've got his head, so remember to look for the little piece of skin still held in his mouth upon removal. If the head remains in your skin, you will have a sore, possible infection or more. A Black Super Draw Poultice will pull this out without any problems.

Do NOT: light a match, use your fingers, or a flat tweezers, do not use nail polish and let dry, or apply only the oil to suffocate him as these things allow more bacteria into the body. These things actually deliver more of the innards of the tick into the body which is also a bacterial transfer as well, causing disease.

If you did not get his head...apply a **Black Super Drawing Poultice** over the bite area until all redness and swelling are gone. This may take three or four days, but will prevent fever and infections. Apply this poultice for the first two or three days on any tick bite, just to minimize the bacterial transfer, if any. Read about Poultice instructions in the handout entitled 'Poultices'

Watch for these symptoms: Often a small red bump is common at the bite site, but if it persists, or a bull's eye looking mark appears within 24 hours, and a red rash about three inches in diameter around the bite site (70% of the time), and/or fatigue, fever, flu like symptoms develop, then you would know that more than likely you have contracted a tick bite infection. Lymes Disease is curable, so go to work trusting in the great Physicians power to keep that human machinery in perfect working order according to His promise.

What to do if you have Lyme's disease:

HERBAL THERAPY:

If you have never taken tinctures before, please read How to Take Tinctures.

Drink Triple Tincture ASAP. Use 6 droppers full four times a day for at least one week, then drop down to four droppers full for the next week. You may have to continue this for as long as necessary to rid yourself of the infection, but it should not take very long. If your disease is severe, double the amounts. This strengthens, supports, and gives the immune system tools necessary to fight infection in the body, it is an absolute must to do this for healing. It will not harm in any way.

Blood Lymph Detox Formula. Begin with four droppers full per dose and drink this three times a day for two weeks. Skip one week and then take this every other week until you know that you no longer have lymes Disease. This has a multi-body system effect and is a most wonderful cleanser to the entire body. It will not harm in any way, taken as outlined above. When done you will have gotten rid of more than Lymes disease!

Bowel Cleanse herbally. Using Intestinal #1,2,or 3, follow the Bowel Cleansing instructions, and continue until well, and or until colon is healed of all sluggishness. Bowels are the primary eliminatory organ and to eradicate disease, must be working at peak performance to facilitate the body's work at killing infection and getting rid of the die off.

HYDROTHERAPY:

Fever Baths twice per week,

Contrast Showers daily-growing in intensity as possible

Read Hydrotherapy handout for instructions on How To

DIETARY HELP!

Foods that are Healing: Eat only healing foods such as 60% or your diet as **vegetables**, and as much of those raw as possible. Eat more of the **sour fruits** than sweet ones while healing, such as lemons limes, tomatoes, avocado, sour berries, cantaloupe, watermelon, granny smith apples, pink lady apples, Kiwi.

Alkaline foods are important to raise the alkalinity that has been lowered by infection, so if possible stick to the **grains and legumes** as follows: spelt, quinoa, millet, buckwheat, sorghum, chia, amaranth, occasional brown rice, white navy beans, lima beans, non-GMO organic soy, and lentils.

Seeds and nuts are as follows: All must be raw and nuts should be soaked for better digestion. Sunflower, sesame, flax, pumpkin, and hemp; actually all of the seeds are good for healing, but only certain nuts are. They are Almonds, filberts or hazelnuts, brazil nuts, and walnuts. Peanuts are not good due to the amount of molds that accumulate during storage, Cashews are colonized with 37 different fungal forms with storage and handling, and Pistachios are extremely acid forming in the body as well as peanuts and cashews. Macadamia nuts are also acid forming and do not contribute to healing as such.

Oils to use are virgin coconut, extra virgin olive oil, flax oil, grape seed oil cold pressed and any other cold pressed seed oils except CANOLA this should NEVER be used.

Sweeteners that are desirable would be from this list: dried cane sugar, 100% pure raw honey (questionable), sucanat, 100% pure maple syrup, dates, or best of all use liquid Stevia.

Salt choices are Celtic, or Pink Himalayan Crystal. The Crystal salt is the perfect salt to use as it replenishes the body with 84 of the 97 elements needed of minerals in the body. It requires no extra amounts of energy to metabolize it as it is absolutely non-toxic to the body and does not draw water out of the cells. It actually restores proper hydration to the cells. It does not contribute to hypertension, heart disease, and other salt influenced diseases. Make a Sole' of it by filling a jar 1/3 full of salt crystals (fine to large ok) then filling the jar with pure water. Take up to 1 Tablespoon daily of this Sole', this will prove a major help in restoration of the body and increasing the alkalization.

Supplements: The only effective ones are the ones from WHOLE FOODS. That means that when it comes to vitamins and minerals, all these synthetic, synthesized ones in the natural food stores and health food stores, are a farce! Sure you may get some response, but you get far more than that. Synthetic vitamins and minerals do not do a complete job and neither are they harmless. Ascorbic Acid for example thickens and hardens the walls of your arteries immediately upon taking the first dose, and continues to do it more and more the more you take. Symptoms of this are not felt quickly; in fact it is a long term effect. So, in reality, unless you know a whole food vitamin company, then your only **REAL supplement** would be **fresh squeezed vegetable juices and green smoothies**. If you do not have a juicer, and a blender, as

these are some utterly needed tools, you might intently consider the investment. Drinking 8 6-8 oz glasses full of veggie juice a day is like taking one good vitamin and mineral capsule daily. This is imperative for healing and detoxing.

Any good antioxidant drink, powder is advisable especially when recovering from any infection and you can't really get too many antioxidants.

Fulvic Minerals are the very best Mineral Supplement that God has made. They are plant derived, ionic, chelated, 80-90 minerals and trace elements from the green growing plants before the flood and have been buried in the ground as Leonardite Shale Ore.

One of the best powders still remains to be **SuperOneFood**. All of the nutrients such as B vits, C, etc needed to heal from Lymes are in SuperOneFood, juicing, smoothies and the above healing foods.

All of the bold print products can be obtained at lifetreewellness.com or call 208 245-3297

FOODS THAT ARE NOT HEALING!

Anything that has been **processed commercially, and refined**; which is a food that has had something removed from it. It is also a food that has had processed, refined additives added to it. ***Be sure to read labels!*** Examples of these kind of foods would be like white flour, white rice, sugar, boxed cereals, boxes of prepared foods, foods that have a long shelf life cause you a short life...Another class of foods are animal foods of all kinds. The disease in **animals** is so intense and prevalent; the use of drugs, steroids, hormones, antibiotics is out of control in animal care; and most importantly, eating animal and their products, is strongly acidifying, plugging to our bodies eliminatory organs, and clogging to our arteries, and that is only the beginning of the list. Many are the diseases caused by meat eating.

Genetically Modified Foods

These foods have had the DNA from certain bacteria, and animals forced into the DNA of the plant source of the food. These foods when eaten cause several severe disease processes to take place. They are responsible for a whole new line of symptoms that people are experiencing and which cause untold expense, agony, and grief. See responsibletechnology.com or lifetreewellness.com and the article on GMO foods.

Essentially the foods that are known to be GMO are soy, corn, sugar, canola, cotton, alfalfa, zucchini, and Hawaiian papaya. Tomatoes, wheat, and potatoes have been on the market in the past, as GMO, but according to authorities are not currently so. I would stick to organics if I were you in these foods. There are other issues with these foods that more than warrant that thought as well.